

SHAPE UP!

A Physical Activity Guide for Senior Adults in King County



BELLEVUE FAMILY YMCA

14230 BEL-RED RD

BELLEVUE

WA 98007

tgraedel@seattleyymca.org

(425) 746-9900

www.seattleyymca.org/page.cfm?id=bv

Contact: TANA GRAEDEL EXT. 3206

Hours: MON - FRI ~ 5AM TO 10PM; SAT & SUN ~ 8AM TO 5PM

Services:

THE YMCA OFFERS A VARIETY OF PROGRAMS FOR PEOPLE OF ALL AGES AT 14 BRANCHES THROUGHOUT THE GREATER SEATTLE AREA. CLASSES DESIGNED FOR OLDER ADULTS ARE OFFERED AT SEVERAL BRANCHES, WITH SPECIAL MEMBERSHIP RATES FOR SENIORS. OLDER ADULT PROGRAMS INCLUDE: WATER EXERCISE; SENIOR SWIM; ACTIVE OLDER ADULT STRENGTH TRAINING; YOGA; OLDER ADULT AEROBICS; ACTIVE SENIORS PERSONAL TRAINING; FITSTART; TAI CHI; ACTIVE SENIOR POTLUCKS; NUTRITION CONSULTATIONS; DAY TRIPS AND MORE. ADDITIONAL FITNESS SERVICES INCLUDE: BACK FITNESS, CALISTHENICS, JAZZERCISE, JOGGING, SEATED EXERCISE, PRENATAL FITNESS, WALKING, WEIGHT MACHINES, FREE WEIGHTS, BASKETBALL, CYCLING, SWIMMING, VOLLEYBALL, PERSONAL TRAINERS, KARATE, HOT TUB, SAUNAS.

Comments:

Limitations:

MEMBERSHIP REQUIRED.

Fees:

VARY, DEPENDING ON AGE, SINGLE OR FAMILY MEMBERSHIP. FINANCIAL ASSISTANCE AVAILABLE, TO EXTENT POSSIBLE, TO THOSE IN NEED.

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CIRCLE OF FRIENDS - BELLEVUE

121 107TH AVE NE

121 107TH AVE NE

BELLEVUE

WA 98004

bellevuecircle@gmail.com

(425) 454-8585

(800) 434-8106

Contact:

Hours: 7 DAYS A WEEK ~ 9AM TO 5PM

Services:

ADULT DAY HEALTH CENTER THAT PROVIDES A VARIETY OF HEALTH AND SOCIAL SERVICES TO RUSSIAN-SPEAKING/SLAVIC ELDERLY AND DISABLED. BRING TOGETHER RUSSIAN-SPEAKING ELDERLY AND DISABLED PARTICIPANTS IN A CULTURALLY RUSSIAN ATMOSPHERE, WHILE PROVIDING SKILLED NURSING AND REHABILITATIVE SERVICES, AS WELL AS, ENGLISH LANGUAGE INSTRUCTION AND HELP WITH ADAPTATION TO AMERICAN CULTURE. MEDICAL ASSESSMENTS, NURSING SERVICES, HEALTH SCREENING, NUTRITIONAL COUNSELING, PHYSICAL, OCCUPATIONAL AND MASSAGE THERAPIES, INDIVIDUAL AND GROUP COUNSELING, EXERCISE, CULTURAL, AND RECREATIONAL ACTIVITIES, HOT MEALS AND SNACKS, TRANSPORTATION WITHIN SERVICE AREA BOUNDARIES, WHEELCHAIR ACCESSIBILITY. FITNESS SERVICES INCLUDE: BACK FITNESS, MEDICALLY SUPERVISED, SEATED EXERCISE, WALKING, WEIGHT MACHINES, DANCING.

Comments:

DOCTOR'S AUTHORIZATION IS REQUIRED TO PARTICIPATE

Limitations:

ACCEPT PARTICIPANTS OF ALL NATIONALITIES, MOST PARTICIPANTS ARE RUSSIAN SPEAKING OF THE FORMER SOVIET UNION AND COUNTRIES OF THE FORMER SO-CALLED COMMUNIST BLOCK, THAT IS: POLAND, HUNGARY, ROMANIA, BULGARIA, YUGOSLAVIA, ETC.

Fees:

MEDICAID OR \$50 TO PARTICIPATE

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LAKE HEIGHTS/COAL CREEK FAMILY YMCA

12635 SE 56th St.

13750 Newcastle Golf Club Road Newcastle, WA 98059

BELLEVUE

WA 98006

dmayer@seattleyymca.org

(425) 644-8417

www.seattleyymca.org

Contact: DAVE MAYER

Hours: TUES, THURS ~ 10AM TO 2PM

Services:

THE NONPROFIT YMCA OFFERS A VARIETY OF PROGRAMS FOR PEOPLE OF ALL AGES AT 14 BRANCHES THROUGHOUT THE GREATER SEATTLE AREA. CLASSES DESIGNED FOR OLDER ADULTS ARE OFFERED AT SEVERAL BRANCHES, WITH SPECIAL MEMBERSHIP RATES FOR SENIORS. OLDER ADULT PROGRAMS INCLUDE: WATER EXERCISE; SENIOR SWIM; ACTIVE OLDER ADULT STRENGTH TRAINING; YOGA; OLDER ADULT AEROBICS; ACTIVE SENIORS PERSONAL TRAINING; FITSTART; TAI CHI; SENIOR POTLUCKS; NUTRITION CONSULTATIONS; SUMMER HIKES; BEGINNERS AEROBICS LINE DANCE; SENIOR CHAIR YOGA; WALKING CLUB; DAY TRIPS AND MORE. SENIOR RECREATION CLASSES AND DROP IN ACTIVITIES OFFERED IN CONJUNCTION WITH THE BELLEVUE PARKS AND COMMUNITY SERVICES DEPARTMENT ON TUES & THURS 10AM-2PM. ADDITIONAL FITNESS SERVICES INCLUDE: JOGGING, SEATED EXERCISE, WALKING, WEIGHT MACHINES, FREE WEIGHTS, BASKETBALL, CYCLING, CLIMBING, PERSONAL TRAINERS, KARATE.

Comments:

LOCATED AT OUR NEW LOCATION AT THE COAL CREEK FAMILY YMCA

Limitations:

Fees:

SENIORS 65+
JOINING FEE: \$75
MONTHLY FEE: \$47

NORTH BELLEVUE COMMUNITY CENTER

PO BOX 90012

4063 148TH AVE NE

BELLEVUE

WA 98009

nbcc@bellevuewa.gov

(425) 452-7681

bellevuewa.gov

Contact: CATHY VONWALD

Hours: MON - FRI ~ 8AM TO 10PM; SAT ~ 9AM TO 4PM

Services:

SERVICES INCLUDE COMPREHENSIVE ARRAY OF ADULT AND SENIOR RECREATION PROGRAMS AND HUMAN SERVICES INCLUDING BUT NOT LIMITED TO EDUCATIONAL CLASSES/WORKSHOPS, HEALTH & FITNESS, SPORTS, DANCES & DANCE LESSONS, TRIPS & TOURS, DROP-IN ACTIVITIES, LIFELONG LEARNING COURSES, HOT LUNCH PROGRAM, MEALS ON WHEELS, FOOT CARE, VISITING NURSE, INSURANCE & TAX ASSISTANCE, ESTATE PLANNING AND END OF LIFE ISSUES, SUPPORT GROUP MEETINGS, AND INFORMATION & REFERRAL. CALL OR EMAIL TO RECEIVE CURRENT LIST OF PROGRAMS AND SERVICES. FITNESS SERVICES INCLUDE: AEROBICS, EXERCISE CLASSES, JAZZERCISE, ENHANCE FITNESS PROGRAM, WALKING, DANCING, TAI CHI, PICKLEBALL, YOGA, ETC.
COOLING STATION.

Comments:

Limitations:

APPOINTMENTS & REGISTRATION REQUIRED FOR SOME CLASSES & SERVICES.

Fees:

FEES VARY PER CLASS, WITH SOME HAVING NO CHARGE.

All program information is subject to change. Inclusion of an organization in this guide does not imply endorsement. Additionally, omission of an organization is not intentional and does not negate the value of a program's contribution to the community.

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SENIOR CARE/CONNECTIONS - OVERLAKE HOSPITAL

OVERLAKE HOSPITAL MEDICAL CENTER 1120 112TH AVE NE, STE 100
BELLEVUE WA 98004

(425) 688-5800

www.overlakehospital.org

Contact:

Hours: MON - FRI ~ 8AM TO 4:30PM

Services:

COMMUNITY RESOURCE INFORMATION & ASSISTANCE, LOW COST COMMUNITY CLASSES FOR OLDER ADULTS AND CAREGIVERS, NEWSLETTER, RESOURCE COORDINATION FOR PEOPLE 55+ WITH AN OVERLAKE DOCTOR, WALKING PROGRAM, CARESHARING NEWSLETTER (FREE NEWSLETTER FOR FAMILY CAREGIVERS), HOME VISITS/MONITORING; IN OFFICE CONSULTATION; FAMILY EDUCATION; HOME SAFETY EVALUATION; REFERRAL TO COMMUNITY SERVICES; COORDINATION OF CARE WITH FAMILY PHYSICIAN.

Comments:

OFFER TWO COMPREHENSIVE PRIMARY CARE CLINICS FOR SENIORS WITH GERIATRICIANS AND SOCIAL WORKERS. BELLEVUE AND MERCER ISLAND. (SEE "SENIOR HEALTH CENTER..." & "OVERLAKE HOSPITAL SENIOR HEALTH CENTER ON MERCER ISLAND")

Limitations:

EASTSIDE ONLY

Fees:

GENERALLY LOW OR NONE FOR MOST SERVICES.

SOUTH BELLEVUE COMMUNITY CENTER

PO BOX 90012 14509 SE NEWPORT WAY
BELLEVUE WA 98009-9012 dlong@bellevue.wa.gov

(425) 452-4240

www.ci.bellevue.wa.us/south_bellevue_center.htm

Contact: DOT LONG, COMMUNITY PROGRAMS COORDINATOR

Hours: MON - THURS ~ 6AM TO 9PM; FRI ~ 6AM TO 8PM; SAT ~ 10AM TO 5PM

Services:

COMMUNITY CENTER WITH RECREATION AND FITNESS/WELLNESS PROGRAMS: SEMINARS, CLASSES, & DROP-IN ACTIVITIES. CRAFTS, BRIDGE, ESL FOR CHINESE SENIORS, AND SPECIAL EVENTS. ROOMS AVAILABLE FOR RENT WITH DISCOUNTS FOR NON-PROFITS; COOLING STATION.

Comments:

Limitations:

Fees:

SOME ACTIVITIES HAVE FEES, SOME ARE FREE, ALL HAVE SCHOLARSHIPS AVAILABLE FOR BELLEVUE RESIDENTS

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SUNSET NORTH FITNESS CENTER

3060 139TH AVE SE, BLDG 5, STE 150

BELLEVUE

WA 98005

martins@exerspec.com

(425) 564-0400

Contact: MARTY SMITH

Hours:

Services:

STRENGTH TRAINING EQUIPMENT, CARDIO EQUIPMENT, GROUP CLASSES, TOWEL SERVICE. SERVICES INCLUDE: AEROBICS, BACK FITNESS, EXERCISE CLASSES, WEIGHT MACHINES, FREE WEIGHTS, PERSONAL TRAINERS, YOGA.

Comments:

Limitations:

MEMBERSHIP REQUIRED.

Fees:

\$65 INITIATION FEE; \$30/MONTH.

WALK FOR LIFE

OVERLAKE HOSPITAL MEDICAL CENTER C/O BELLEVUE SQUARE, SKYBRIDGE 4

BELLEVUE

WA 98004

(425) 688-5800

Contact:

Hours: MON, WED, FRI ~ 8AM TO 9:30AM, BELLEVUE SQUARE-SKYBRIDGE 4

Services:

EXERCISE PROGRAM THROUGHOUT THE YEAR. 1/2 AND 1 MILE COURSES. BLOOD PRESSURE CHECKS AVAILABLE.

Comments:

OVERLAKE HOSPITAL SENIOR CARE

Limitations:

AGE 55 AND OVER

Fees:

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YOGA CENTERS

2255 140TH AVE NE, STE F

BELLEVUE

WA 98005

yoga@yogacenters.com

(425) 746-7476

www.yogacenters.com

Contact: KIRSTEN ELFENDAHL

Hours: FRONT DESK: MON - FRI ~ 9AM TO 7PM; SAT ~ 9AM TO 12PM; SUN ~ 10AM TO 5PM

Services:

GENTLE AND RESTORATIVE YOGA CLASSES. SERVICES INCLUDE REGULAR YOGA, MEDITATION, KIDS YOGA, PRENATAL YOGA AND PERSONAL YOGA PRIVATES.

Comments:

Limitations:

Fees:

PER CLASS FEE. \$17 PER CLASS